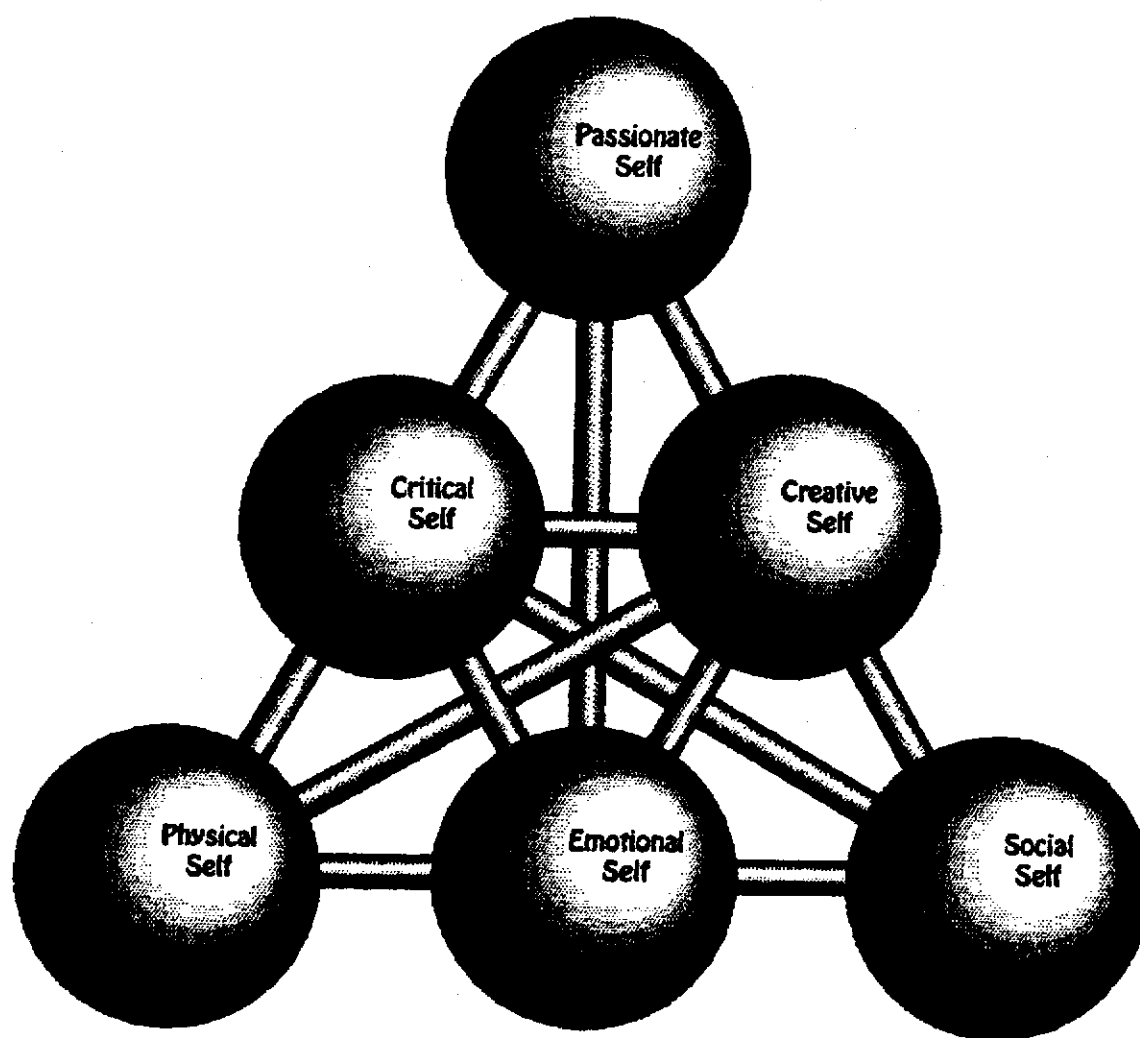


# Six Selves



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### Six Dimensions of Self Instructions:

Take a look at the six selves. Every person has some or all of these elements within them. The level to which they reach varies by person and by day. You can think of these as an expanded Maslow's Hierarchy of Needs. Rate yourself in each category on a scale of 1-5. After finishing a category, record your score on the score sheet at the end and mark the chart. We will finish up the day with a seminar about this activity but you do not have to share specific details about your score sheet or answers if you do not want to. Please take this personally and seriously, it is only designed to help you better know yourself!

Your Name: \_\_\_\_\_ Date of Assessment: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Physical-Self Assessment**

Survival Level	Maintenance Level	Enhancement Level
I am uncomfortable with my body.	I am generally comfortable with my body, but at times I am still self-critical.	I am not only accepting, but proud of my body.
1	2	3 4 5
I eat whenever I wish and am not really aware of the nutritional value of the food I eat.	I am aware of the nutritional value of the food I eat, but many times I don't eat what is good for me.	I am aware of the nutritional value of the food I eat and I nearly always eat only what is good for me.
1	2	3 4 5
I don't give physical fitness much thought and only exercise when I have to.	I value physical fitness and sometimes I include time for exercise in my daily routine.	I value physical fitness and include time for exercise in my daily routine on a regular basis.
1	2	3 4 5
My energy level fluctuates from low to high, though frequently it is low and I do not know why.	My energy level is usually good and I do what I can to take care of myself.	My energy level is consistently high and I spent time and pay attention to taking care of my physical well-being.
1	2	3 4 5
I do not care much about what I weigh and do not try to control my weight.	I sometimes become concerned about my weight and try to control it for short periods of time.	I monitor and control my weight because I know it is one of the keys to positive physical health.
1	2	3 4 5
I am very uncoordinated and do not wish to be involved in physical tasks, enjoying neither group nor individual sports.	I am not extremely coordinated but will try physical tasks. My skill level in sports is moderate.	I am well coordinated and feel comfortable with physical tasks including both group and individual sports.
1	2	3 4 5
I do not like to work with my hands because I know I might mess things up.	I like working with my hands and sometimes things come out the way I want them to.	I like working with my hands and am nearly always proud of the end products of my manual labor.
1	2	3 4 5

I have never been interested in developing a physical health plan and would probably not be very effective in following one if I had it.	I have developed physical health plans, but am only effective in following them for a month or two.	Throughout most of my life I have developed long-term physical health plans and followed them effectively.		
1	2	3	4	5

My strengths in terms of my physical self include:

Aspects of my physical self which show opportunity for further growth include:

My general thoughts and feelings about my physical self are:

## Emotional-Self Assessment

Survival Level	Maintenance Level	Enhancement Level
Once in a while I feel good about myself, but I usually don't have positive self-esteem.	Often I feel good about myself and have a positive self-esteem	I nearly always feel good about myself and realize that I have a positive self-esteem.
1	2	3
I am not very accepting of other people if they disagree with what I truly believe.	I am generally accepting of most people, though I am sometimes critical if others challenge my beliefs.	I am accepting of other people, even though they may have beliefs different from my own.
1	2	3
Some good things happen in my life, but not that many people accept me.	Many good things happen in my life and many people are accepting of me.	Good things happen to me quite frequently and most people in my life are accepting of me.
1	2	3
I do not have a great deal of knowledge of myself as a person and therefore have difficulty explaining myself to others.	Sometimes I understand and can communicate about myself and my abilities more effectively than at other times.	I understand myself and my abilities well and am able to communicate this understanding to others.
1	2	3
I am not really aware of my basic needs as a person.	Sometimes I am aware of my basic needs but have trouble communicating them to others.	I am nearly always aware of my needs as a person and am able to communicate those needs to others.
1	2	3
I am frequently overwhelmed when problems arise in my life, but things somehow usually work.	I often understand my problems and am able to work them out through my own efforts.	When problems arise in my life, I nearly always have the appropriate skills to effectively solve them.
1	2	3
I am unaware of my own creative potential in terms of my personal life.	I am aware of my creative potential but am not secure enough to use it in my personal life very often.	My life is enriched because I trust myself and am able to use my creativity to make it more successful and exciting.
1	2	3

Life is good some of the time, but I don't expect to have things work out most of the time.	Life is good much of the time, but I'm not sure how to make it even better.	Life is nearly always good and I have the skills to turn a bad situation into a beneficial one because of my positive attitude.
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1—————2—————3—————4—————5

My strengths in terms of my emotional self include:

Aspects of my emotional self which show opportunity for further growth include:

My general thoughts and feelings about my emotional self are:

## Social-Self Assessment

Survival Level	Maintenance Level	Enhancement Level
I talk to people, but am not aware of how they respond to me.	Sometimes I communicate effectively with people and am aware of their responses to me.	I communicate effectively with others and receive positive feedback from others concerning my communication skills.
1	2	3
I do not listen intently to others unless they are talking about me or something in which I am interested.	I usually listen to people and am usually able to understand what they are saying.	I listen effectively to people and hear both their words and the nonverbal messages they are sending about themselves as people.
1	2	3
I have difficulty solving conflicts with people without the help of others.	Sometimes I solve conflicts with other people and am not dependent upon the help of others.	I understand conflicts between people and use effective techniques to solve problems I encounter with others.
1	2	3
Rarely, if ever, am I in a leadership position in my life.	I sometimes enjoy being a leader and there are times when people turn to me for my ideas.	I possess the appropriate skills to be a leader and find that most people turn to me for guidance in important situations.
1	2	3
Sometimes I am successful at understanding other people and am able to care for them.	I understand other people and use this knowledge to get along well with them.	I understand and accept people and I truly care for them. My understanding helps me develop deeper and healthier relationships.
1	2	3
I try to find out how I am like other people and sometimes try to be like them so that we can get along.	I discover how I am like others and how I am different, but this information does not help me in getting along with them.	I realize how we are alike, but it is our differences which help us to grow and to become more effective as friends.
1	2	3
I would rather work alone than in a group because I usually get frustrated with others.	I enjoy working alone, but find that I can work just as effectively with a group.	I work effectively with a group and usually use my abilities as a leader to help the group achieve greater success.
1	2	3

Other people do not generally see me as an open person, but they accept me some of the time.	Sometimes people see me as an open person and although they accept me, they are not attracted to me.	People tend to see me as an open person and are attracted to me because of my acceptance of them.		
1	2	3	4	5

My strengths in terms of my social self include:

Aspects of my social self which show opportunity for further growth include:

My general thoughts and feelings about my social self are:



## Critical-Self Assessment

Survival Level	Maintenance Level	Enhancement Level
I think mainly on the knowledge level and generally accept the truth of others' ideas and opinions.	I am beginning to analyze and evaluate my own ideas and those of others at times.	I am an independent thinker who always analyzes and evaluates my own ideas and those of others.
1	2	3
I am unaware of the thinking strategies I employ and select strategies in an almost random trial-and-error fashion.	I am becoming aware of the thinking strategies I use and I'm gaining some conscious control over those I select.	I am fully aware of the variety of thinking strategies at my disposal and consciously select those which are most likely to be effective in a particular situation.
1	2	3
I analyze problems and situations only on a superficial level, if at all, and do not enjoy complex situations.	I am becoming skilled at analyzing problems and situations at greater levels of depth and complexity.	I routinely analyze situations at great levels of depth and enjoy the challenge of sorting out the components of highly-complex problems.
1	2	3
I select from among alternatives in an arbitrary manner and cannot defend my choices logically.	I am beginning to evaluate alternatives and make my selections based on logic.	I commonly evaluate alternatives and make selections based upon logically defensible principles.
1	2	3
When my ideas are challenged by others, I frequently become emotional and cannot present convincing arguments and evidence to support them.	When others challenge my ideas, I usually do not become too upset and am usually able to defend my opinions reasonably well through evidence and logic.	When my ideas are challenged by others, I remain calm and have no difficulty presenting logical arguments and plenty of evidence to defend them.
1	2	3
I ask few questions and those questions I do ask are primarily to gain clarification when I do not understand what the other person is saying.	I am beginning to critically consider the statements made by others and to ask them about their support for their claims.	I usually seek additional clarification and documentation from those who present information to me, due to my customary critical thinking style when I listen or read.
1	2	3
I believe all that I hear or read from trusted sources and reject all that is presented to me by sources deemed unreliable.	I am beginning to question claims made by trusted sources and to consider the potential validity of claims made by "unreliable" sources.	I evaluate all I hear and read considering the reasonableness of each statement and the authority and motive of each source.
1	2	3

**The Autonomous Learner Model: Optimizing Ability**

I am more successful on objective tests, like multiple choice and true/false, where there is a correct answer that I know or can memorize.	I am developing the thinking and communication skills necessary to perform well on assessments requiring higher levels of thinking.	I am successful with all kinds of tests, including performance assessments which require the analysis and evaluation of complex problems and sets of data.
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1—————2—————3—————4—————5

My strengths in terms of my critical self include:

Aspects of my critical self which show opportunity for further growth include:

My general thoughts and feelings about my critical self are:

## Creative-Self Assessment

Survival Level	Maintenance Level	Enhancement Level
I perceive "problems" only when the difficulties become so great they can no longer be ignored, accepting the adequacy of the present situation in most cases.	I am developing problem-finding skills and beginning to think in terms of continually improving my own environment.	I perceive "problems" not only when difficulties exist, but when current, acceptable situations could potentially be enhanced.
1 ————— 2 ————— 3 ————— 4 ————— 5		
I generally approach problem-solving in a standard way, using prescribed strategies and algorithms.	I sometimes use traditional problem-solving approaches and sometimes experiment with new ways of solving problems.	I apply a broad repertoire of problem-solving strategies to new situations and sometimes even invent my own novel approaches.
1 ————— 2 ————— 3 ————— 4 ————— 5		
I can see the separate parts of problems, but have a difficult time figuring out how to connect them.	I am getting better at connecting complex sets of parts into meaningful wholes.	I easily make connections among many complex and disparate ideas, integrating them into a meaningful whole.
1 ————— 2 ————— 3 ————— 4 ————— 5		
I am always serious when thinking about important topics, ignoring lines of reasoning which have no obvious practical application.	I am becoming more relaxed and experimental in my thinking, sometimes taking the risk of trying out new and seemingly impractical approaches.	I habitually think playfully when faces with a creative problem, risking outrageous lines of thought which at first seem irrelevant and fruitless.
1 ————— 2 ————— 3 ————— 4 ————— 5		
I usually go with the first solution that comes to mind that seems like a good one.	I am beginning to take longer to think about possible solutions, generating other possibilities even after I have thought of some good ones.	I accept and enjoy the feeling of disequilibrium and lack of closure as I develop many possible solutions of different types.
1 ————— 2 ————— 3 ————— 4 ————— 5		
I like behaving like others and being accepted as part of the group.	I find myself breaking away from the crowd at times as I become more comfortable with my own uniqueness.	I want to explore and express the depths of my own uniqueness, even if it means spending time alone and being considered "weird."
1 ————— 2 ————— 3 ————— 4 ————— 5		
When teachers give an assignment, I find out exactly what they want and then give them just that and no more.	I tend to take a little different approach to assignments than other students, different from and more elaborate than what the teacher wants.	I am always approaching assignments in unique ways and I frequently give myself "assignments" to work on projects unrelated to any class.
1 ————— 2 ————— 3 ————— 4 ————— 5		

The Autonomous Learner Model: Optimizing Ability

While working on projects, I focus on the end product and quit when I get there.	Sometimes while working on projects I get into the "flow" of things, elaborate on my initial plans, forget for the moment about the end project and instead enjoy the process itself.	I frequently become immersed in the creative process itself, losing awareness of time and of the environment around me and losing concern for the end result of my creative efforts.
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1—————2—————3—————4—————5

My strengths in terms of my creative self include:

• Aspects of my creative self which show opportunity for further growth include:

My general thoughts and feelings about my creative self are:

### Passionate-Self Assessment

Survival Level	Maintenance Level	Enhancement Level
I am never very curious about new topics and rarely initiate investigations on my own.	I sometimes get excited for a while about learning new things and working on new projects, though usually I lose interest after a while.	I frequently become very excited about a new topic or a new aspect of an old topic, exploring those novelties in depth over an extended period of time.

1 ————— 2 ————— 3 ————— 4 ————— 5

I feel about the same level of interest in many different subjects and activities.	Though I like most subjects and activities, I find that some hold far more interest for me than others.	Though I like most subjects, there are one or two which fascinate me far more than the rest.
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1 ————— 2 ————— 3 ————— 4 ————— 5

I know a little about a lot of topics, but I'm not much of an "expert" on anything.	There are a couple of subjects that I have studied so much that I know more about them than most people.	I have explored several topics in great depth, becoming somewhat of an "expert" on them. I am especially knowledgeable about one or two topics of enduring interest to me.
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1 ————— 2 ————— 3 ————— 4 ————— 5

Studying and learning has always seemed like work to me. I would usually prefer to watch TV or spend time with friends.	Sometimes I find learning a drag, but at other times it's really fun. At times I'd rather do homework or projects than watch TV.	I get extremely fascinated and excited when I learn new things about interesting topics and when I get going on novel projects.
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1 ————— 2 ————— 3 ————— 4 ————— 5

Time always seems to drag when I'm learning and I find myself watching the clock, anticipating the end.	Sometimes time moves slowly when I'm involved in the learning process, but at other times I'm amazed at how quickly time passes while learning.	Usually when I get immersed in study and creative production I lose all track of time. Frequently I work for extended periods that feel like only a few minutes have passed.
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1 ————— 2 ————— 3 ————— 4 ————— 5

I have created many products for school or work and the quality of my work is at about the same level as that of most of my peers.	Though my work for most subjects is about the same quality as that of most others, I find that I tend to get carried away in one or two subject areas and create more in-depth and elaborate projects than most of my peers.	In my areas of special interest, I am continually developing highly complex in-depth and elaborate products which are far beyond those made by most others. Many people have expressed their amazement at the sophistication of what I have done.
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1 ————— 2 ————— 3 ————— 4 ————— 5

## The Autonomous Learner Model: Optimizing Ability

I agree with people when they say that I should be flexible and try a little of everything to remain well-balanced in my interests and abilities. I try not to let any one subject or interest take too much time away from the others.	Though I try to remain well balanced, I find myself spending most of my time on the few subjects that I like best, at the expense of others.	I get upset when people tell me I should be more "well-balanced." I'm so interested in my passion area that I refuse to give up the large amount of time that I dedicate to it. Being "well-rounded" doesn't interest me as much as being exceptionally skilled in my favorite subject.
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1 ————— 2 ————— 3 ————— 4 ————— 5

When people ask me "What do you want to be?" I have trouble deciding: there are so many possibilities out there.	I have narrowed my goals to just a few areas, though it's hard to decide among these.	Since I was young, I have always had the same goal or small set of closely-related goals and I have never lost sight of these.
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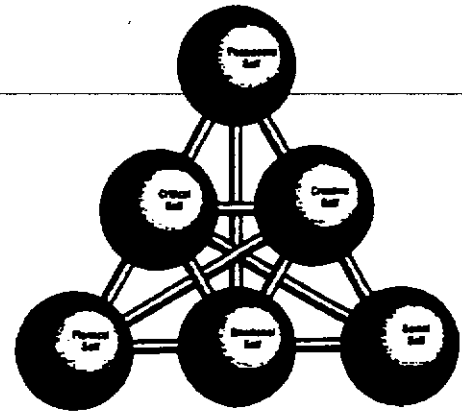
1 ————— 2 ————— 3 ————— 4 ————— 5

My strengths in terms of my passionate self include:

Aspects of my passionate self which show opportunity for further growth include:

My general thoughts and feelings about my passionate self are:

# Autonomous Learner Self Profile



Directions for scoring: Now that you have completed all 48 items on the inventory, you are ready to total your responses and to chart your Autonomous Learner Self Profile.

The first step is to total your responses for each category. Write the number in the appropriate box on the following chart.

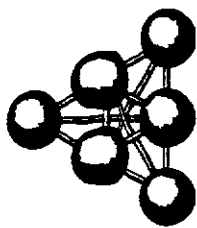
Create a line graph to show your Autonomous Learner Self Profile. About each box in which you wrote your total score for each self is a line. Draw a big, dark dot on the line at the appropriate level for your score and then connect the six dots once they have been drawn. You might want to shade in the area below your line graph to make it more dramatic.

**Evaluating Your Self Profile:** Once you have charted your self profile, you can begin to consider its meaning. It is important that you **not** use the results of the Autonomous Learner Self Inventory to "pigeon-hole" yourself. Think of this as an opportunity for growth. Ask yourself each of these questions and think seriously about your answers:

- Which are my strongest selves?
- Which selves show the most potential for growth?
- In general, how satisfied am I with the levels of autonomous learning behavior that I exhibit?
- Are there components of myself that I wish to improve? If so, what might I do to effect such improvements?

This might be the start of a new time of growth in your life. As the saying goes: "Today is the first day of the rest of your life," and it is our belief that much of what we are and what we do is within our own control. Carefully consider how much control you could have over your selves and think about writing and following a self-improvement plan today.

For: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_



40							
36							
32							
28							
24							
20							
16							
12							
8							

**Physical**  
**Self**

**Emotional**  
**Self**

**Social**  
**Self**

**Critical**  
**Self**

**Creative**  
**Self**

**Passionate**  
**Self**